

**Amendments to the Claims:**

Claims 1 – 20 are cancelled.

21. (Previously Presented) A method of cooking rice, noodles or pasta wherein sticking is avoided, comprising:

mixing rice, noodles or pasta with white potato-derived water-soluble acidic polysaccharides prior to, during, or after heating the rice, noodles or pasta, the polysaccharides having uronic acids as constituents and a starch content of no more than 60 wt %,

wherein the polysaccharides are added in an amount in which the uronic acids are 0.003 – 1.0 wt% of the rice, noodles or pasta.

22. (Previously Presented) The method of claim 21, wherein the polysaccharides are added in an amount in which the uronic acids are 0.035 – 0.5 wt% of the rice, noodles or pasta.

23. (Previously Presented) The method of claim 21, wherein the polysaccharides are added in an amount in which the uronic acids are 0.08 – 0.2 wt% of the rice, noodles or pasta.

24. (Cancelled)

25. (Previously Presented) The method of claim 21, wherein the starch content of the white potato-derived water-soluble acidic polysaccharides is no more than 30 wt%.

26. (Previously Presented) The method of claim 21, wherein the starch content of the white potato-derived water-soluble acidic polysaccharides is no more than 10 wt%.

27. (New) A method of cooking rice, noodles or pasta wherein sticking is avoided, comprising:

mixing rice, noodles or pasta with white potato-derived water-soluble acidic polysaccharides prior to, during, or after heating the rice, noodles or pasta, the polysaccharides having uronic acids as constituents and a starch content of no more than 60 wt %,

wherein the polysaccharides are added in an amount in which the uronic acids are 0.003 – 1.0 wt% of the rice, noodles or pasta, and

the polysaccharides are used in combination with an additive, wherein the additive is not a salt.

28. (New) The method of claim 27, wherein the polysaccharides are added in an amount in which the uronic acids are 0.035 – 0.5 wt% of the rice, noodles or pasta.

29. (New) The method of claim 27, wherein the polysaccharides are added in an amount in which the uronic acids are 0.08 – 0.2 wt% of the rice, noodles or pasta.

30. (New) The method of claim 27, wherein the starch content of the white potato-derived water-soluble acidic polysaccharides is no more than 30 wt%.

31. (New) The method of claim 27, wherein the starch content of the white potato-derived water-soluble acidic polysaccharides is no more than 10 wt%.